

Adaptive and Inclusive Recreation

2305 Douglass Blvd #3 40205 • 502/456-8148 • metro-parks.org • airecreation@louisvilleky.gov

WINTER 2015/16

REALLY SPECIAL EVENTS

New Year's Eve Eve Dance

Wed, December 30, 7-9 p.m.
Douglass Community Center Gym. Ages 18 and older. Call to preregister.
FEE: \$5

70's Get Funky Dance

Sat, January 23, 7-9 p.m.
Douglass Community Center. Ages 18 and older. Call to preregister.
FEE: \$5

Sweetheart Dance

Sat, February 20, 7-9 p.m.
Douglass Community Center. Ages 18 and older. Call to preregister.
FEE: \$5

HEALTH AND WELLNESS

Low Impact Exercise

Wed, December 2, 9, 23, January 13, 20, 27, February 10, 17, 24, 1-2 p.m.
Douglass Community Center. Ages 18 and older.
FREE

Goalball

Wed, December 2, 9, 23, January 13, 20, 27, February 10, 17, 24, 6-7:30 p.m.
Douglass Community Center. Ages 18 and older.
FREE

Aqua Exercise

Thu, December 3, 10, 24, January 7, 14, 21, 28, February 4, 11, 18, 25, 1-2 p.m.
Mary T. Meagher Aquatic Center, 201 Reservoir Ave. Ages 18 and older.
FEE: \$20/session/ or \$2/week

Intermediate Archery

Thu, December 3, 10, 24, January 7, 14, 21, 28, February 4, 11, 18, 25, 1-2 p.m.
For those who have had an beginning class. Douglass Community Center. Gym. Ages 18 and older.
FEE: \$10/session.

Junior Wheelchair Mustang Basketball

Sat, December 5, 12, January 9, 16, 23, 30, February 6, 13, 20, 27, 10 a.m.-Noon
Douglass Community Center. Ages 8-17. Call for more information.
FREE!

Square Dance Lessons

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 6:30-8:30 p.m.
Douglass Community Center. Ages 18 and older.
FEE: Call for Cost

Healthy Lifestyles

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 1-2 p.m.
Douglass Community Center. Ages 18 and older
FREE!

Adaptive Recreation Cheer and Dance Team

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 5:30-7 p.m.
Douglass Community Center Middle school age and older.
FREE!

Open Wheelchair Basketball

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 6-7:30 p.m.
Douglass Community Center. Ages 16 and older.
FREE!

Pickleball

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 2-3 p.m.
Douglass Community Center. Ages 18 and older
FREE

Stroke Support With Frazier Rehab

Wed, December 16, January 20, February 17, Noon-1:30 p.m.
Douglass Community Center. Ages 18 and older.

JUST FOR FUN

Coloring For Fun

Tue, December 1, 8, 15, 22, 29, January 5, 12, 19, 26, February 2, 9, 16, 23, 6-7:30 p.m.
Douglass Community Center. 18 and older.
FREE!



LOUISVILLE



ON FACEBOOK:
Louisville Metro Parks Adapted Leisure

CENTER HOURS

Monday: 8:30 a.m.-9 p.m. •
Tuesday-Friday: 8:30 a.m.-5 p.m.

CENTER STAFF

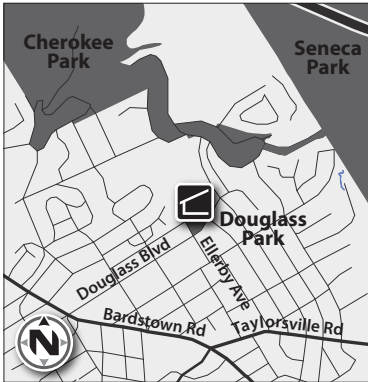
Manager: BJ Levis • Brent Priddy,
Wayne Kuchenbrod, Steven
Kuchenbrod, Mike Herbst

CENTER AMENITIES

Game Room • Gymnasium • Outdoor
Court • Rental Space • Weight Room



BLOG
louisvillemetroparks.wordpress.com
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Original Fun and Games

Tue, December 1, 8, 15, 22, 29, January 5, 12, 19, 26, February 2, 9, 16, 23, 1:30-2:30 p.m.

Douglass Community Center. Ages 18 and older. Call for more information.

FEE: \$1/week; \$10/entire session

Wii Bowling

Thu, December 3, January 7, February 4, 6-7:30 p.m.

Douglass Community Center. Ages 18 and older.

FREE

Bowling Friday

Fri, December 4, 11, 18, January 8, 15, 22, 29, February 12, 19, 26, 10 a.m.-12 p.m.

Fern Bowl, 5518 Bardstown Road. Ages 18 and older.

FEE: \$6/week; \$54/entire session

Card Club

Mon, December 7, 14, 21, 28, January 4, 11, 25, February 1, 8, 15, 22, 29, 10 a.m.- Noon

Douglass Community Center. Ages 18 and older.

FREE

Men’s Sports Club: Movie Night

Thu, December 10, 6-8 p.m.

Douglass Community Center. Ages 18 and older. Call for more information.

FREE

Girl Talk

Thu, December 17, January 21, February 18, 6-7:30 p.m.

Douglass Community Center. Ages 18 and older. Call for more information.

Dec 17: Cookie Decorating

Jan 21: Meet at Jason’s Deli, 410 N. Hurstbourne Pkwy.

Feb 18: Movie Night

FEE: TBA

Men’s Sports Club

Thu, January 14, 6-8 p.m.

Meet at Beef O’Bradys, 3101 South Second St. Ages 18 and older. Call for more information.

FREE

Men’s Sports Club: Yahtzee night

Thu, February 11, 6-8 p.m.

Douglass Community Center. Ages 18 and up. Call for more information.

FREE

LEARNING AND SPECIAL INTEREST

Coffee Talk Book Club

Tue, December 1, 8, 15, 22, 29, January 5, 12, 19, 26, February 2, 9, 16, 23, 1:30-3 p.m.

Douglass Community Center. Ages 18 and older.

Dec: *Touched By Angels* by Debbie Macomber, \$10

Jan/Feb: *The Magic Strings of Frankie Presto* by Mitch Albom, \$12

FEE: Cost of the book

Best Book Club

Thu, December 3, 10, 24, January 7, 14, 21, 28, February 4, 11, 18, 25, 3-4:30

Douglass Community Center. Ages 18 and older.

FREE

Arts and Crafts: Gingerbread Houses

Tue, December 8, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

In the Loop Art Group: Winter Wreaths

December 9, 16, 6-7:30 p.m.

NEW PROGRAM! Ages 18 and older. Call to preregister.

FEE: \$5/person

Cards Connect

Fri, December 11, January 8, February 12, 6-8 p.m.

Douglass Community Center. Ages 18 and older. Call for more information.

Dec 11: Movie Night

Jan 8: Game Night

Feb 12: Valentine Celebration

FEE: TBA

Arts and Crafts: Holiday Cookie Decorating

Tue, December 15, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Reindeer Paddles

Tue, December 22, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Winter Frames

Tue, January 5, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Pom Pom Penguins

Tue, January 12, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

In the Loop Art Group: Mandela Journals

January 13, 20, 6-7:30 p.m.

NEW PROGRAM! Ages 18 and older. Call to preregister.

FEE: \$5/person

Arts and Crafts: Snow Dude

Tue, January 19, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Glass Jar Snowmen

Tue, January 26, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Cards for Valentine’s Day

Tue, February 2, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Frames

Tue, February 9, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

In the Loop Art Group: Clay and Shadow Box Art

February 10, 17, 6-7:30 p.m.

NEW PROGRAM! Ages 18 and older. Call to preregister.

FEE: \$5/person

Arts and Crafts: Flowered Tote Bag

Tue, February 16, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person

Arts and Crafts: Birdhouses

Tue, February 23, 10:30-11:30 a.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5/person